

# Are you **stressed**?

Prolonged stress can have adverse effects on your health and general well-being.

Conditions linked to stress include:

- Migraines and headaches
- Sleep and appetite disturbances
- Cardiovascular disorders
- Diabetes
- Asthma

Behavioral symptoms include:

- Social withdrawal
- Anxiety
- Forgetfulness
- Lack of concentration
- Substance abuse

## 8 Tips for Beating Stress

- **Laugh and Learn**

Instead of getting irritated, laugh at life's annoyances and learn from your mistakes.

- **Keep a Schedule**

Allow ample time for travel and schedule free time for yourself.

- **Get Enough Sleep and Exercise**

Exercise not only improves health and mood, it aids in better sleep.

- **Do Things you Enjoy**

Make and take time to do activities that bring you pleasure.

- **Identify the Causes**

Is it traffic? Problems at work? Bad news on the TV? What stresses you out?

- **Focus on the Positive**

Be proud of your accomplishments and celebrate your successes.

- **Meditate**

By sitting in a quiet environment and closing your eyes you can achieve relaxation.

- **Nurture Relationships**

More interpersonal contact with the right people can help relieve stress.



Here when you need us.

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